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SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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CONSERVING RATION POINTS

Budgeting the Ration Points

The industrial feeding manager's ability to keep within his ration allotment is affected as much by careful planning as it is by the number of points available. Even a large number of ration points will not stretch over the rationing period if they are spent extravagantly on high-point meats and fats. If an excessive number of ration points is used in the first month of the rationing period, it is difficult, even by the most careful planning, to make up the deficit during the second month.



Budget ration points for each period by determining:

1. The number of ration points available for each month, week, and day of the rationing period.
2. The proportion of ration points to be used for each type of rationed foods. For example, meat and fat points might be recorded on a form similar to the illustration herewith.

Ration Point Distribution Record

	<u>Percentage of Total Points</u>	<u>Number of Points</u>
Meats	_____	_____
Butter and margarine	_____	_____
Cooking fats and oils	_____	_____
Fats for baking	_____	_____
Cheese	_____	_____
Evaporated milk	_____	_____
Totals	_____	_____

Similarly, the points required for processed foods may be divided between those needed for general cooking and service, and those used for baking. Sugar may also be divided into that required for table use, and that needed for baking.

Check regularly on the use of ration points to see that you are not exceeding

your budget allowance. Make this check daily, if possible, but never less than once a week. Thus, excessive spending of points on one day, or during a week, may be corrected by a restricted use of points for the subsequent period, until the budget is in balance. This method will prevent incurring point indebtedness.

Ration Point Summary						
Rationed Foods	Rationing Period					
	T o d a y		T o D a t e		Budget Check	
	Allotment	Used	Allotment	Used	Over	Under
*Meats, fats, cheese, etc.						
Processed food						
Sugar						
*This item may be subdivided giving point use for each kind of rationed food.						

Using Meat Alternates to Conserve Meat

One way to make ration points go further and to cope with shortages in the meat supply is to use meat alternates frequently. Meat alternates are foods that may be served interchangeably with meats because they contain essentially the same nutrients. Poultry, fish, eggs, cheese, dry peas and beans, and nuts are meat alternates that may be used in main dishes on the menus. Like meat they are rich sources of protein and supply B vitamins.

Planning menus presents fewer difficulties to the food manager when meat is available since many meats suggest vegetable accompaniments. For example, baked ham may "call" for sweet potatoes and green beans.

Fewer "natural" combinations are suggested to the menu planner by meat alternates, and therefore, more thought needs to be used to plan meals that will be attractive to the eye and appealing to the taste. Vegetables, salads, and other accompaniments that complement the main dish in color, flavor, and texture should be selected. Mild-flavored foods should be combined with more strongly flavored ones, and soft-textured foods with crisp ones. Fried haddock, for example, may be served with creamed new potatoes and lettuce and tomato salad. The creamed potatoes contrast with the texture of the fried fish, and the salad adds color, a tart flavor, and crispness to the menu.

Serving Fresh Vegetables

Many fresh vegetables are appearing now in local markets, and as the growing season advances a larger variety of them will be available. Vegetables add color and flavor to any meal. Cook them until tender in as little water and for as short a time as possible and serve them immediately to preserve flavor and color, and conserve nutritive value.

Fresh vegetables may be combined attractively in vegetable plates. The occasional use of a vegetable plate may add welcome variety to the special lunch menus. However, vegetables alone do not supply enough protein to take the place of meat. Therefore, a meat alternate, such as poached or fried eggs, egg salad, omelet, cottage cheese, fish salad or sliced cheese, should be served with the vegetables.

Using Foods in Plentiful Supply

In May, new potatoes, carrots, cabbage and fresh tomatoes are expected to be in plentiful supply. Use them frequently in the menus. Eggs will continue to be plentiful, and may be used in main dishes to help stretch the limited meat supply. Oranges and apples will be available and may be used in salads, desserts, and for between-meal snacks.

Menus for Special Lunches

Menus are given for special lunches for a period of 15 days. These menus are planned to furnish about one-third of the worker's daily food requirements, and to come within the limitations of rationing allotments and curtailed food supplies. In this month's menus, meat alternates have been featured, as have the fresh vegetables and fruits in abundant supply.

1.

Braised breast of lamb
Parsleyed new potatoes
Buttered carrot strips
Whole-wheat bread with butter or
fortified margarine
Plain cake with orange frosting
Milk

2.

Baked kidney beans (recipe attached)
Fresh spinach or other greens
Sliced tomato and lettuce salad
Enriched rolls with butter or for-
tified margarine
Custard pie
Beverage

3.

Meat loaf with gravy
Steamed new potatoes
Creole cabbage (see April issue)
Whole-wheat bread with butter or
fortified margarine
Chocolate pudding
Beverage

4.

Vegetable Plate:
Stuffed egg salad
Fresh asparagus
Parsleyed potato
Sliced tomato
Cornbread with butter or fortified
margarine
Deep-dish apple pie
Milk

5.

Fish cakes with egg sauce
Creamed new potatoes
Buttered green beans
Enriched bread with butter or forti-
fied margarine
Peach shortcake
Beverage

6.

Baked macaroni with cheese
Buttered sliced carrots
Mixed green salad, French dressing
Whole-wheat bread with butter or
fortified margarine
Gingerbread
Milk

7.

Roast pork with spiced apples
Browned potatoes
Buttered lima beans
Enriched bread with butter or forti-
fied margarine
Orange custard
Beverage

8.

Creole lima beans
Buttered fresh beets
Cottage cheese and tomato salad
Whole-wheat bread with butter or
fortified margarine
Caramel nut pudding
Beverage

9.

Veal pot pie
Mashed potatoes
Buttered peas
Enriched bread with butter or fortified margarine
Fruit gelatine pudding
Milk

10.

Creamed eggs with fresh asparagus (recipe attached)
Baked potato
Cole slaw
Apple Brown Betty
Beverage

11.

Steamed frankfurters
Creamed new potatoes
Buttered cabbage (or sauerkraut)
Enriched roll with butter or fortified margarine
Rhubarb pie
Beverage

12.

Fried oysters with lemon
Parsleyed new potatoes
Shredded carrot and cabbage salad
Whole-wheat bread with butter or fortified margarine
Sponge roll with orange cream
Milk

13.

Scalloped chicken and noodles
Buttered green peas
Red apple and celery salad
Whole-wheat bread with butter or fortified margarine
Baked custard
Beverage

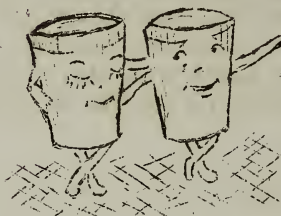
14.

Roast lamb with dressing
Mashed potatoes - gravy
Cabbage and green pepper salad
Enriched bread with butter or fortified margarine
Fresh fruit cup
Milk

15.

Baked fish fillet - tomato sauce
Steamed new potatoes in jackets
Green beans
Enriched roll with butter or fortified margarine
Blueberry pie
Milk

GOOD JUICE IN SMALL ORANGES



If orange buyers can ever convince themselves on the facts of quality in orange juice and are willing to pay accordingly, there is likely to be a leveling-off of orange prices. Judged by quality of juice, lower prices for some big oranges that now sell at a premium and higher prices for small oranges now discounted on the market, would fit the facts.

This is the test tube and taste verdict reached by U.S.D.A. studies. On a quality basis, juice from small oranges averages better in flavor or taste. It is also richer and sweeter--has more solids. And the vitamin C value of the juice averages higher than from the larger fruit. This result is reported by J. R. Winston of the Bureau of Plant Industry, Soils and Agricultural Engineering from samplings of oranges ready to go to markets at all parts of the marketing season. It confirms earlier studies of orange quality by other scientists.

"SAVING SUGAR IN INDUSTRIAL FEEDING"

was published in March by the War Food Administration. It is available from the Midwest Office of Supply, 5 So. Wabash Avenue, Chicago 3, Illinois

This bulletin tells how to use such sugar substitutes as corn and cane sirups, honey, molasses, and sorghum, and gives recipes for dishes low in sugar, including custards, puddings, sauces, cakes, cookies and pies.

Suggested Recipes



Baked Kidney Beans

Ingredients

Dry red kidney beans
Bacon drippings or cubed salt pork
Onions, sliced
Green peppers, chopped
Tomatoes, canned
Chili powder
Salt

Amounts for 100 Portions

12 pounds
1-1/2 pounds
2 pounds
1 pound
2-1/2 gallons
1 ounce
5 ounces

Size of portion - 6 ounces

1. Wash and sort the beans. Cover with hot water and let soak overnight.
2. Cook beans until tender in the water in which they were soaked. Drain.
3. Cook the onions in the bacon drippings for about 5 minutes.
4. Combine the onions and fat, tomatoes, green peppers, seasonings.
5. Add the vegetable mixture to the cooked beans and mix well.
6. Pour into greased baking pans and bake for 1 hour in a moderate oven-350°F.

Steamed Eggs with Fresh Asparagus Tips

Ingredients

Fresh asparagus
Cooking fat
Flour
Milk and asparagus liquor
Eggs, hard-cooked
Salt
Paprika

Amounts for 100 Portions

20 pounds
5 pounds
2 pounds
4 gallons
8-1/3 dozens
5 ounces
1 ounce

Size of portion - 6 ounces

1. Clean the asparagus and cut spear ends off about 4 inches in length. Reserve rest of tender stalks for use in soup.
2. Cook the asparagus spears in a small amount of boiling water until tender. Drain, saving the liquor.
3. Make a roux of the fat and flour. Add the asparagus liquor up to 1/3 of the total liquid, and then the remainder of the milk. Season. Cook until thickened.
4. Cut the hard-cooked eggs in half, lengthwise.
5. Arrange asparagus tips in serving pan, add layer of eggs, and then sauce. Heat in oven to bring to serving temperature.
6. Serve plain or on toast or split buns.

FOODS IN ABUNDANCE



It seems odd that in the midst of wartime shortages of so many important foods, there should also be a surplus of some foods. The surpluses are temporary in character. They are set up by unexpectedly large crops of perishable items, due in most cases to fortunately good growing weather in producing areas.



These currently abundant foods include cabbage, sweet potatoes, and onions, with tomatoes and peaches expected



to be added to the list soon. The abundance of these foods is fortunate in some ways, because they provide items to which industrial feeding operators can turn for quantity, and yet keep their menus balanced. But their perishable nature prohibits long storage. They move from the fields directly into consumer trade channels, and they must be used largely through the course of this movement, if their food values are to be conserved and utilized.

Spring cabbage is a leader in the list. Leaves of this cabbage are green and serve very well in salads as well as cooked dishes, particularly since head lettuce is difficult to obtain in many quarters.



Sweet potatoes are moving into dehydrating plants in quantity, but there is still plenty for industrial cafeterias and other consumer trade. Sweet potatoes are high in starch, are well enjoyed by most people, and can be used frequently on the basis of present trade stocks.

Onions have been plentiful for the last few months. They are still plentiful, and are of great value in peppering up other foods.

Tomatoes are beginning to come on the market in quantity. The trend toward abundance is marked as the harvest moves northward and quantities are expected in all markets soon.



Peaches in Georgia promise to be the biggest crop in that state's history and will start to market early in June. Georgia peaches should be used freely after the movement starts.

